

# Pregnant Women and Smoking in Arkansas:

## Arkansas PRAMS Data 2004-2008

Presented to  
Tobacco Prevention and Cessation Program  
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# Outline

- Health Risks to infants of smoking during pregnancy
- Health problems among pregnant women who smoke
- Who smokes
- Counseling regarding smoking
- Who quits and who resumes smoking

# **Risks to Infants**

## ***Babies born to women who smoke during pregnancy***

- Have a greater chance for problems such as congenital abnormalities like cleft palates and congenital heart defects.
- Have a greater chance of being premature or low birth weight.

# Babies born to women who smoke during pregnancy

- Are more likely to die from sudden infant death syndrome (SIDS or crib death), the leading cause of death for infants ages 1 to 12 months.
- Are more likely to have respiratory problems than babies whose mothers did not smoke.

## *Infants exposed to tobacco smoke after birth*

- Are more likely to suffer from asthma and lower respiratory infection (bronchitis and pneumonia).
- Are more likely to die from SIDS.

# **Health Problems for Women**

***For pregnant women, cigarette smoking increases the risk of having problems such as:***

- Placenta previa (low-lying placenta that covers all or part of the opening of the uterus)
- Placental abruption (placenta pulls away from the uterine wall).

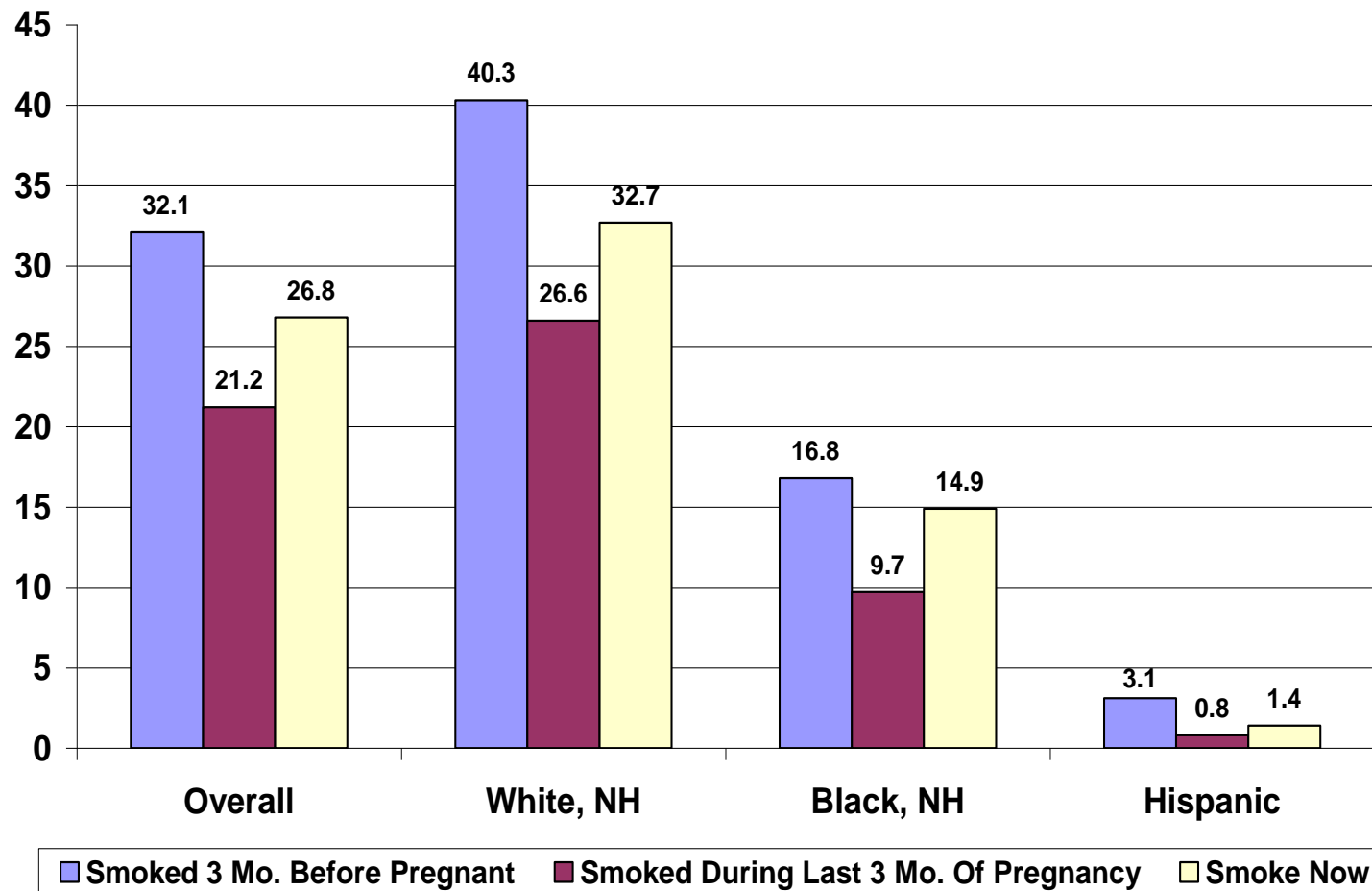


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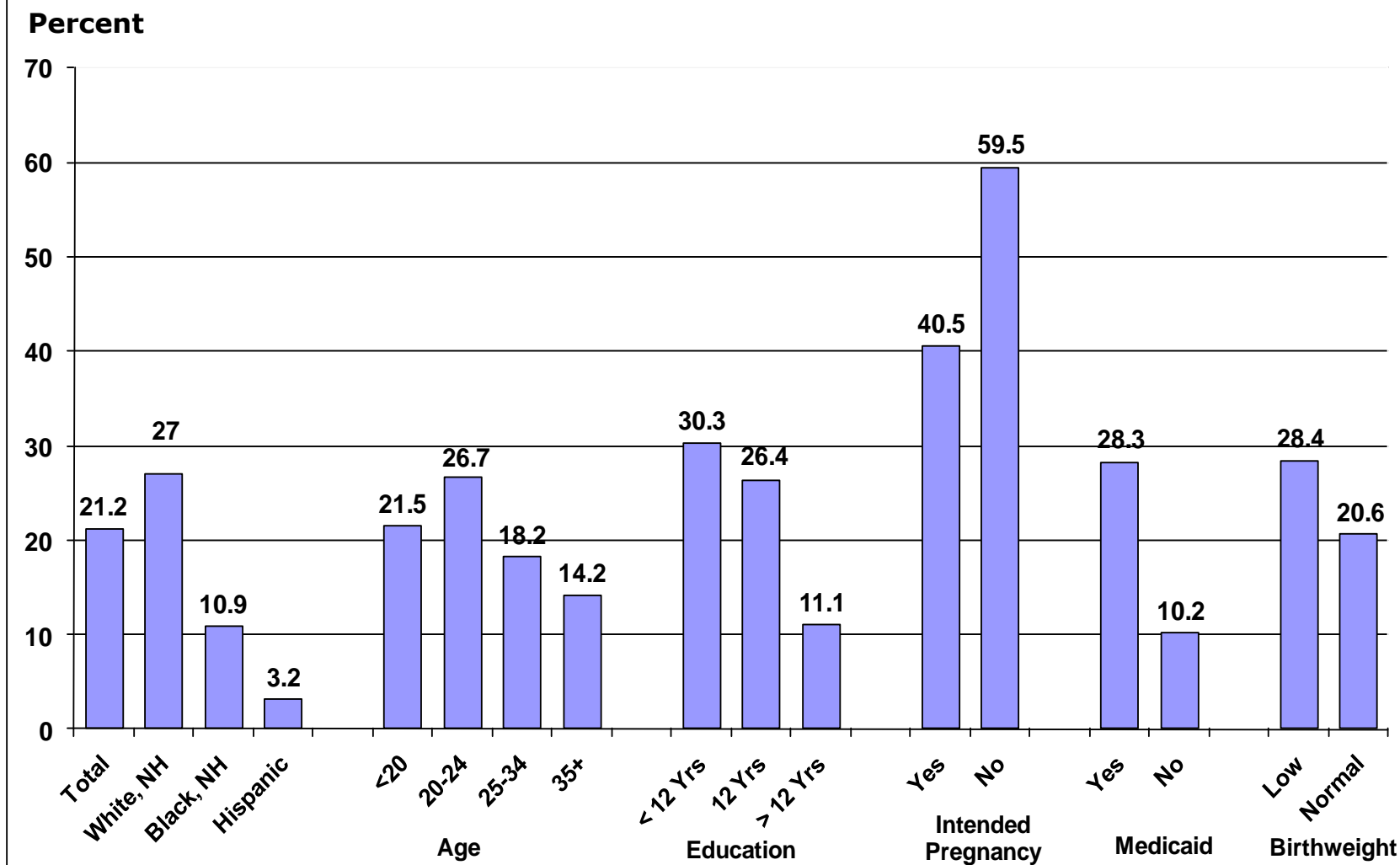
- Placenta previa and placental abruption can cause heavy bleeding that can endanger the mother and her baby.
- Additionally, women who smoke may have difficulty getting pregnant.

# **Percentage of Women Who Smoke by Selected Characteristics**

**Figure 1. Smoking Before, During, and After Pregnancy by Race:  
Arkansas, 2004-2008**



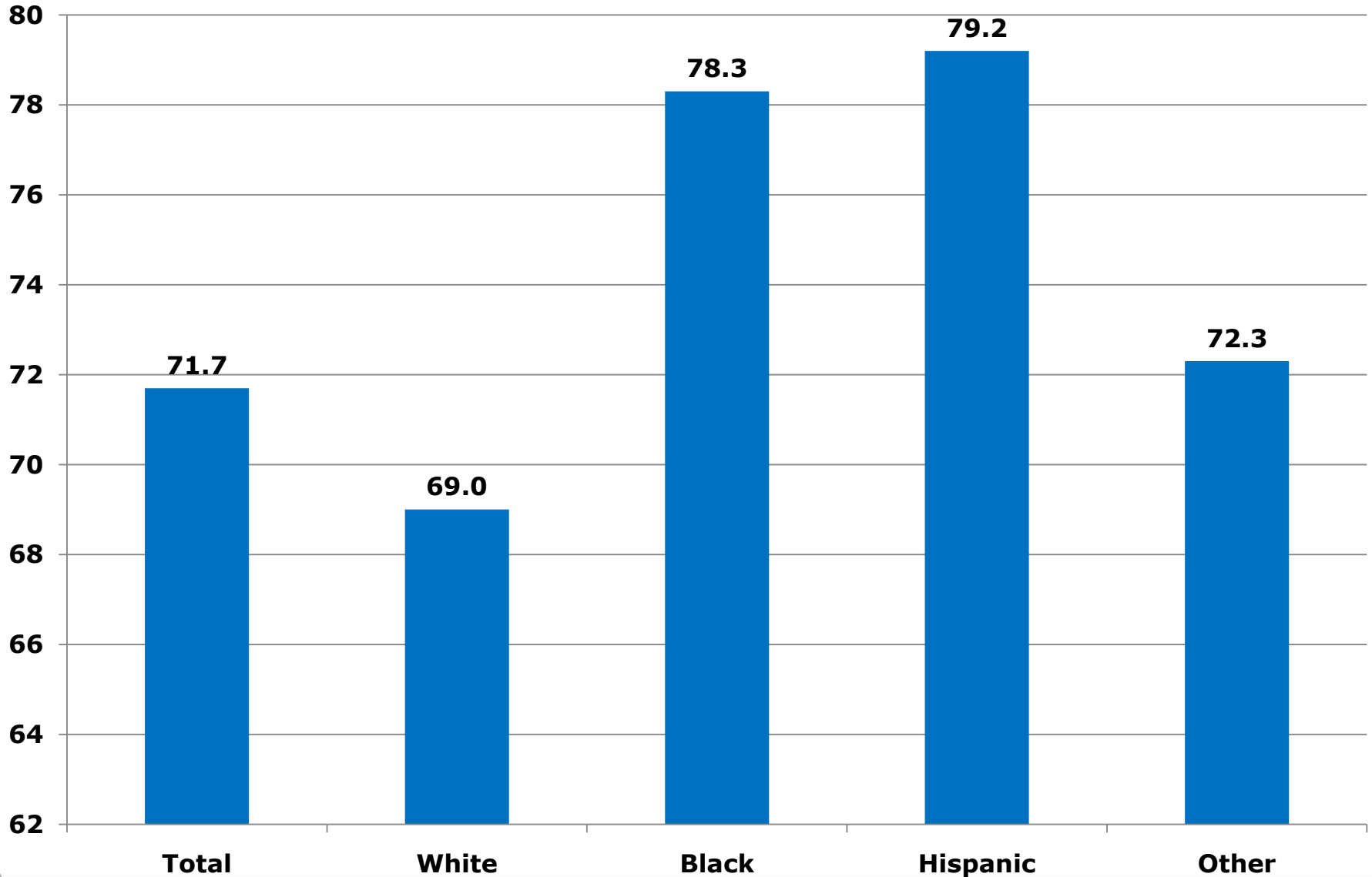
**Figure 2. Women who Smoked During Last 3 Months of Pregnancy:  
Arkansas, 2004-2008**



# **Prenatal Counseling Regarding Smoking**

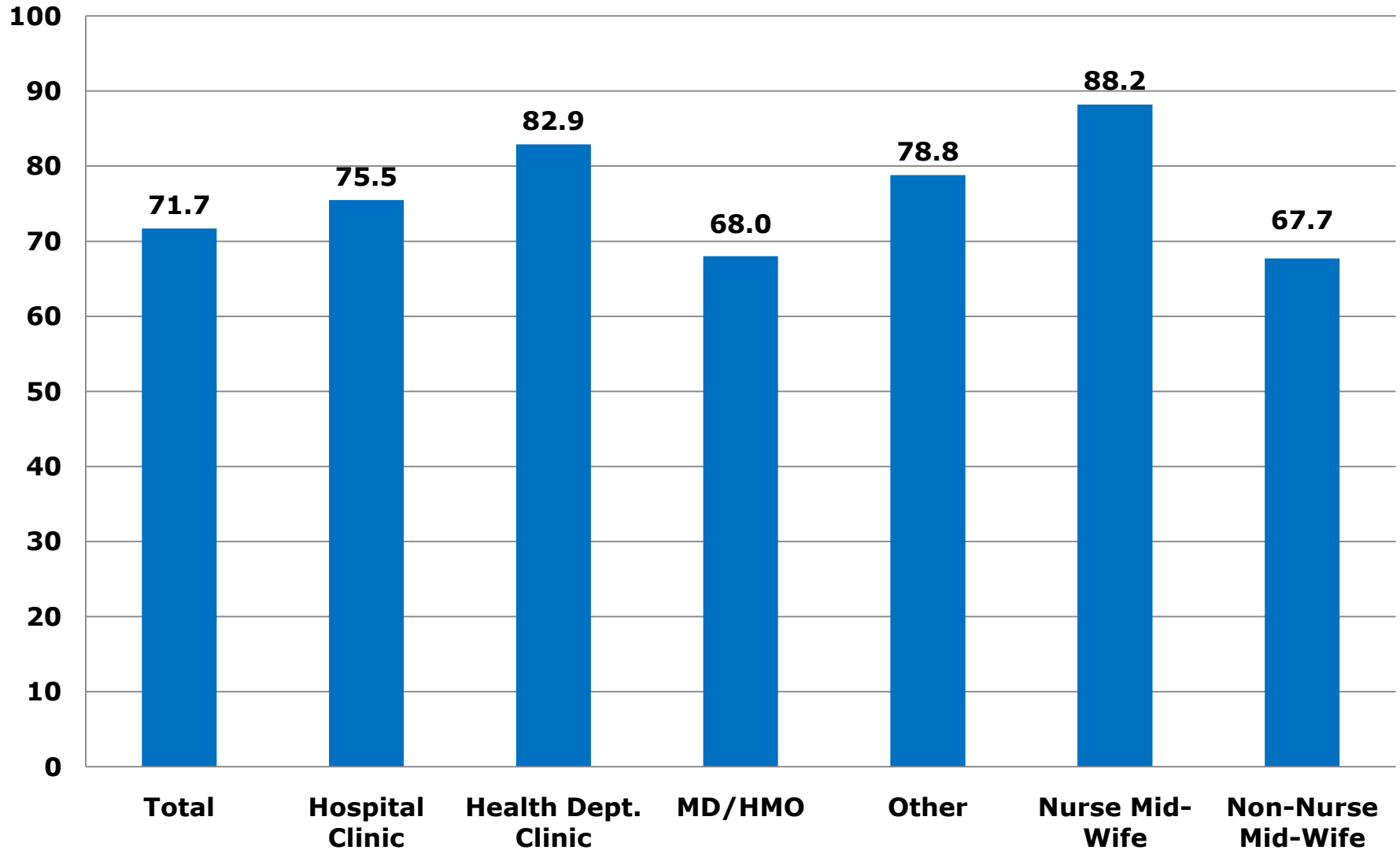
# Percent Receiving Prenatal Counseling About How Smoking Could Affect Baby

Percent



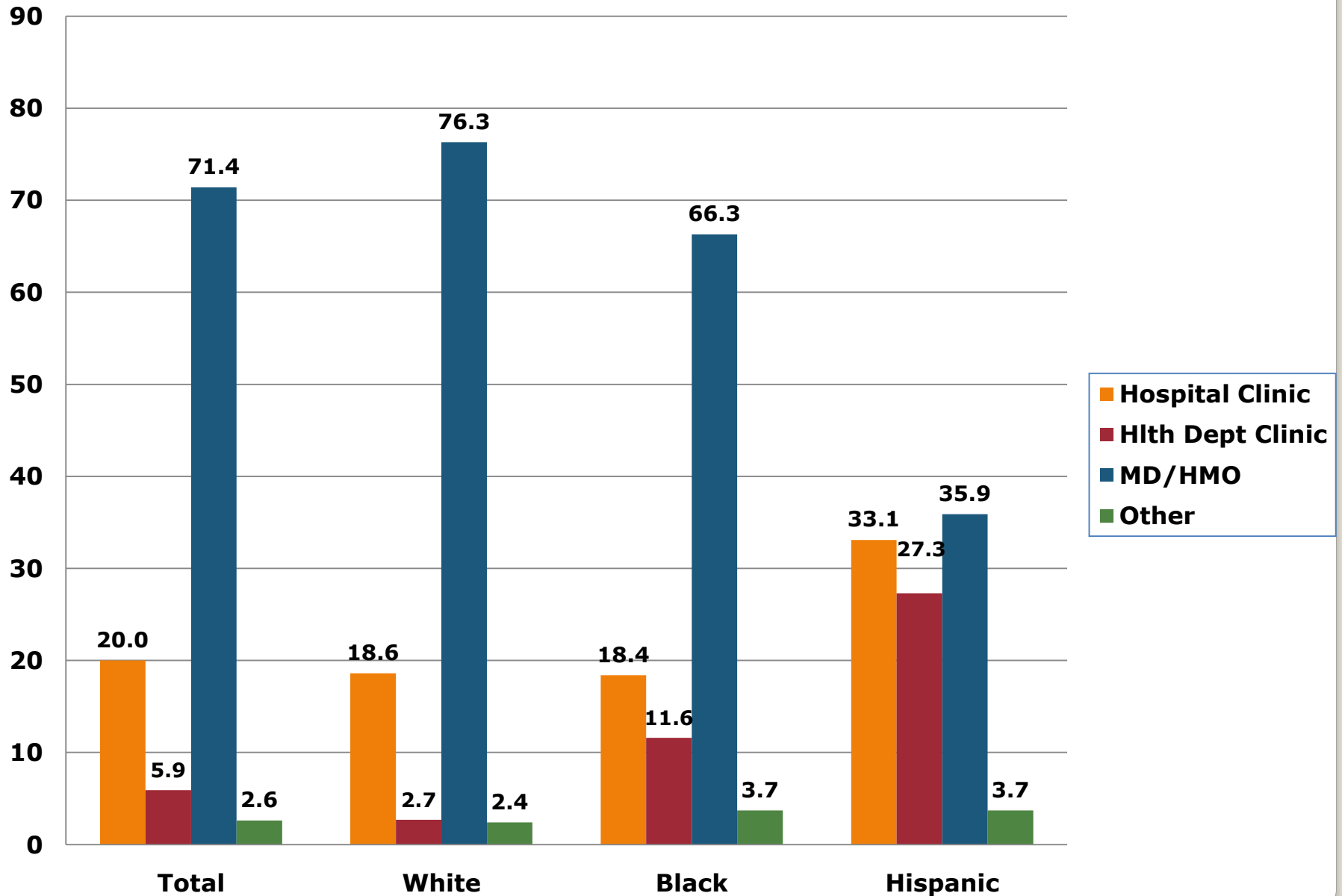
# Percent of Women Who Received Information About How Smoking Could Affect Their Baby by Source of Prenatal Care

Percent



## Source of Prenatal Care by Race

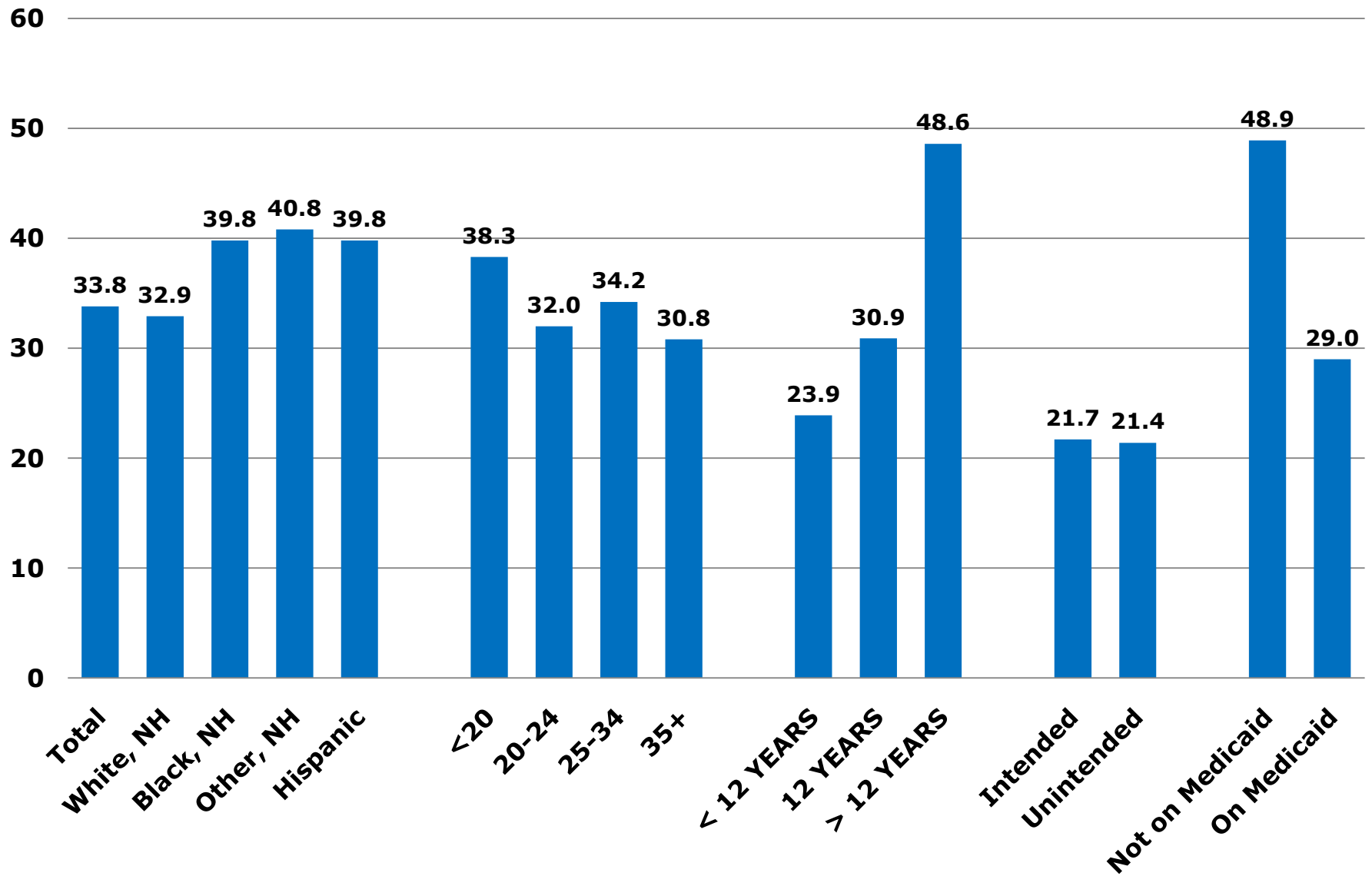
Percent





# **Percentage of Women Who Quit Smoking by Selected Characteristics**

## Percentage of Women Who Quit Smoking by the Last 3 Months of Pregnancy



## *Women who quit smoking:*

- Almost 34% of women who smoked three months before pregnancy quit by the last three months of pregnancy.

## Women who stopped smoking were more likely than those who did not to:

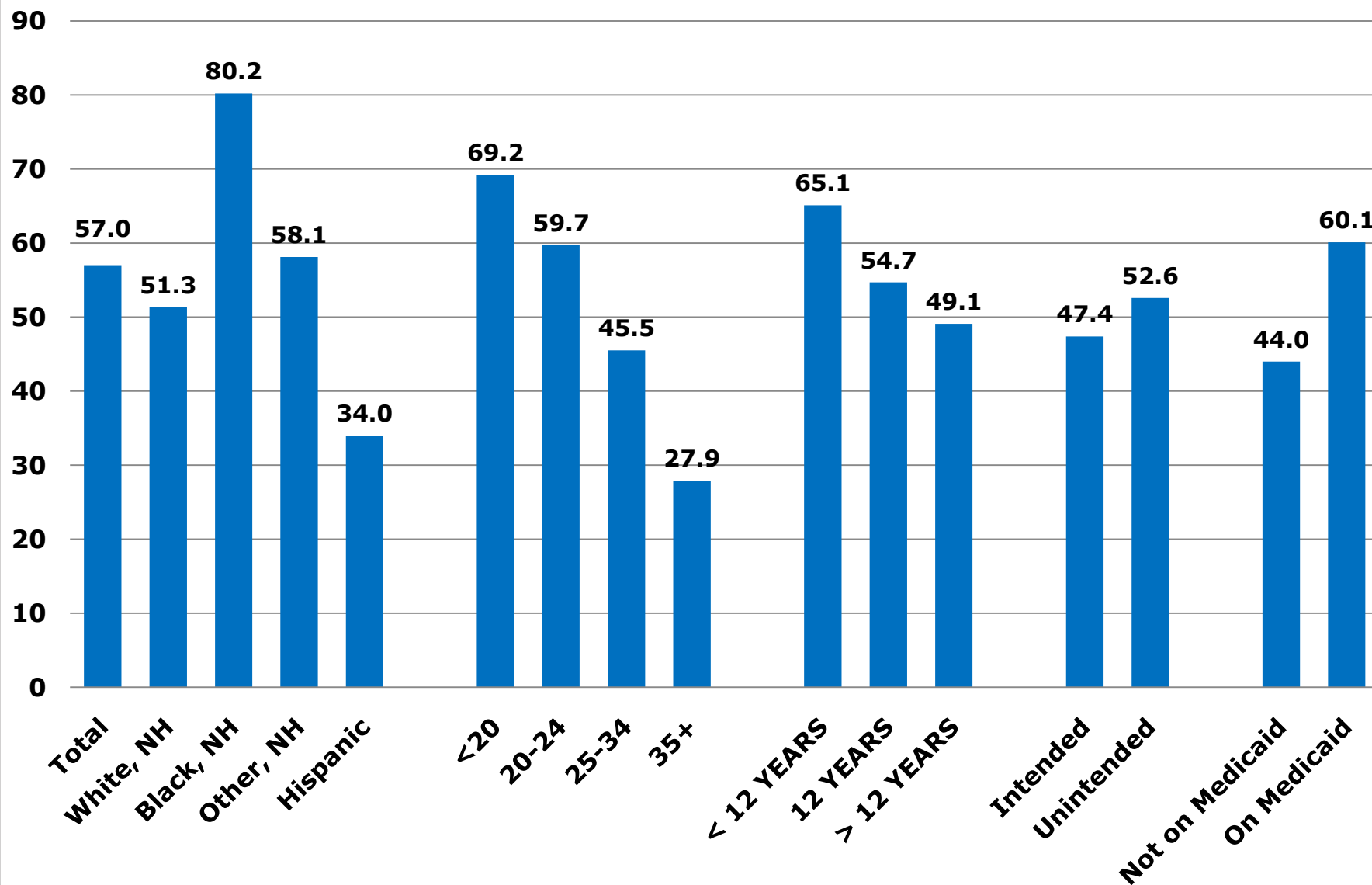
- Have education beyond high school
  - 38% vs. 21%
- Have incomes over \$50,000
  - 13.9% vs. 6.3%
- Be married - 55% vs. 46%
- Less likely to have low birth weight babies
  - 7% vs. 11%

# Women on Medicaid

- Only 29% of women on Medicaid quit smoking by the last three months of pregnancy compared to 49% of women not on Medicaid.

# **Percentage of Women Who Resumed Smoking by Selected Characteristics**

## Percent of Women Who Resumed Smoking After Quitting During Pregnancy



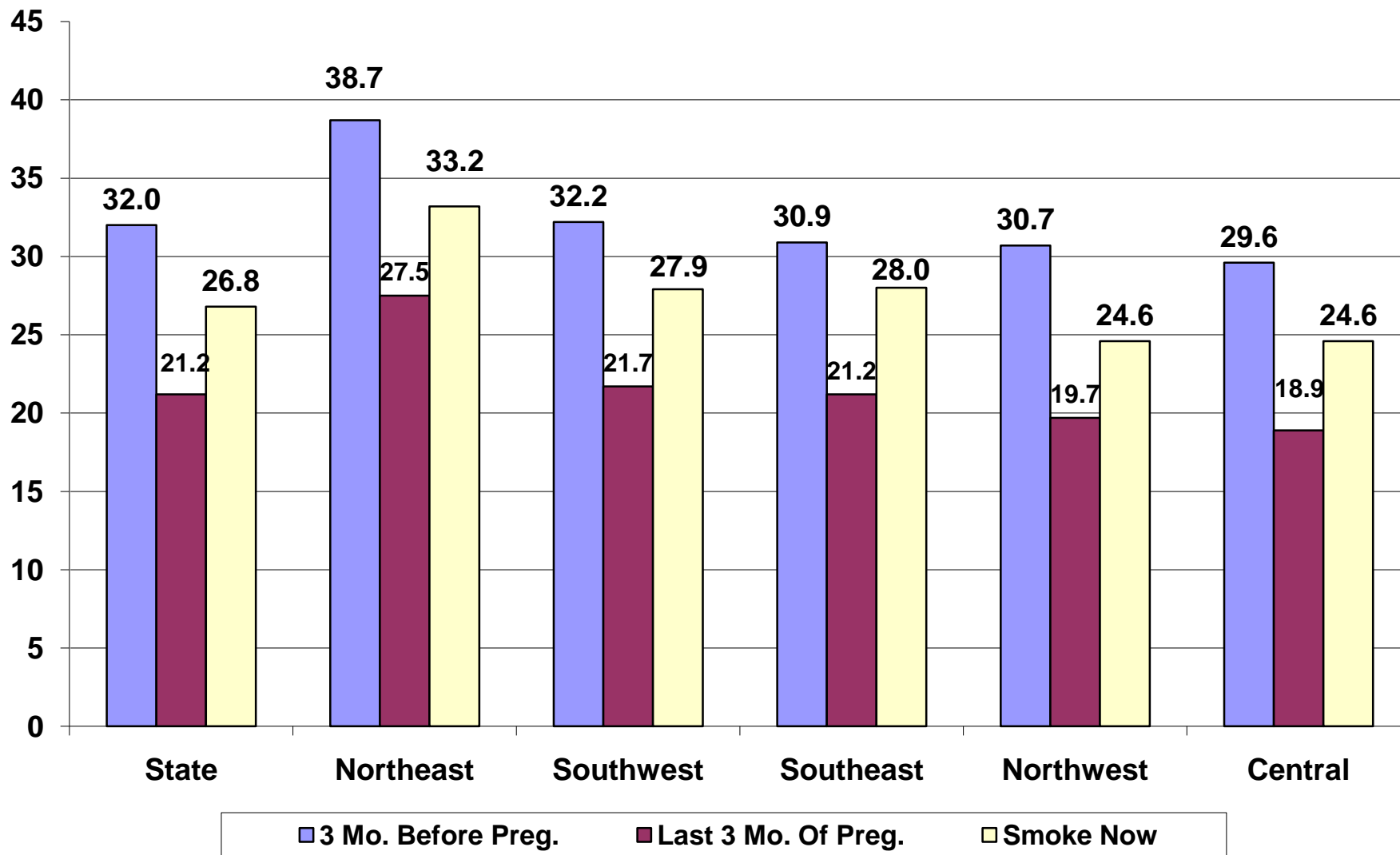
## Women who resumed smoking were more likely to:

- Be younger - 23% under 20
- Be less educated - 22% less than 12<sup>th</sup> grade education
- Be on Medicaid – 60% vs. 44% not on Medicaid



# **Smoking by Public Health Region**

**Figure 3. Smoking by Region: Arkansas, 2004-2008**



## ***Women who smoked by Arkansas Public Health Region:***

- Women in the Northeast region were more likely to smoke before, during, and after pregnancy than women in other regions.
- Women in the Central and Northwest regions were most likely to quit smoking during pregnancy (36%), followed by the Southwest and Southeast regions (32%), and the Northeast regions (29%).
- The Southeast region had the highest percentage of women who resumed smoking (69%), followed by women in the Central and Southwest regions (57%), the Northeast region (54%), and the Northwest region (49%).

# **Birth Certificate vs. PRAMS – Comparative Smoking Rates**

# PRAMS vs. Birth Certificate Smoking Rates During Pregnancy

Percent

25

20

15

10

5

0

21.2

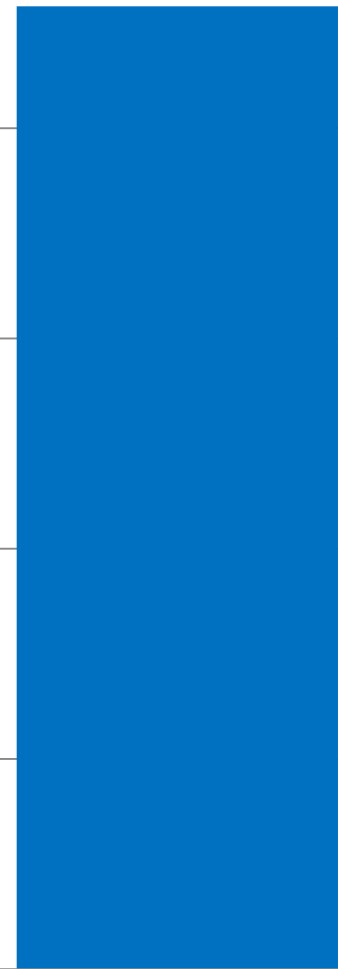
15.7

22.9

PRAMS Smoker

Birth Certificate Smoker

Both PRAMS and BC



# WHAT MOTHERS SAID ABOUT SMOKING

(Per CDC guidelines, mothers' comments are not edited for grammar or spelling)

- *"When I found out I was pregnant I quit smoking, and after I had my baby I did not start back. I really do believe that smoking causes babies to be sick more and causes sids. I will not smoke again, and nobody is allowed to smoke around my child. I have friends that smoke around there kids and there kids stay sick or have ashma."*
- *"I smoked alot while pregnant with my daughter. AS a result, she was born 6 weeks premature and weighed 3 lba 6 oz. She stayed in the hospital for a month. People really don't think smoking effects pregnancy But it does is so many ways. I wish there was a way to stress to people the importance of NOT SMOKING!!"*

# CDC Recommendations

## **Prevent smoking initiation among young people**

Increasing the unit price for tobacco products and conducting mass media campaigns in combination with school and community interventions can prevent young people from initiating smoking.

## Help pregnant women quit smoking and prevent relapse.

- Because pregnant women who have received brief smoking cessation counseling are more likely to quit smoking, clinicians should offer effective smoking cessation intervention to pregnant smokers at the first prenatal visit and throughout pregnancy.



## Help pregnant women quit smoking and prevent relapse.

- Medicaid coverage of smoking cessation counseling services is associated with lower smoking rates among women. Women should also be encouraged to call the smoking cessation Quitline.
- Many women who are unable to quit smoking are suffering from depression. It is important that these women receive help for their depression, which may make it easier to quit smoking.